

# Frederick County Diabetes Coalition

## Frederick Restaurant Challenge 2011

### Participating Restaurant's Healthy Meals & Nutritional Information

Restaurant	Healthy Meal Option	Healthy Meal Option-Children
Acacia	<b>Chicken and Dumpling</b> 464 calories 18 grams of total fat and 5.4 grams of saturated fat 540 mgs. of sodium 22.1 grams of carbohydrate	
Asian Bistro	<b>Asian Bistro Salad with Sushi, Chicken Teriyaki and Mango Delight</b> 383 calories 18 grams of total fat and 4 grams of saturated fat 720 mgs. of sodium 30.5 grams of carbohydrate	<b>Asian Bistro Salad with Sushi, Chicken Teriyaki and Mango Delight (Kid's Size)</b> -Offering low fat milk
Brewer's Alley	<b>Caribbean Jerk Chicken</b> 461 calories 8.15 grams of total fat and 5 grams of saturated fat 359 mgs. of sodium 37.6 grams of carbohydrate	
Firestone's Culinary Tavern	<b>Steelhead Trout</b> 416 calories 17 grams of total fat and 1 gram of saturated fat 374 mgs. of sodium 28 grams of carbohydrate	
La Paz	<b>Pollo Azado</b> 462 calories 16 grams of total fat and 4 grams of saturated fat 571 mgs. of sodium 43 grams of carbohydrate	

*The Frederick County Diabetes Coalition works to prevent or delay the onset of diabetes and its complications through education and awareness.*

Mariachi Restaurant	<b>Pacific Salmon</b> 551 calories 18.8 grams of total fat and 5 grams of saturated fat 506.8 mgs. of sodium 42.9 grams of carbohydrate	<b>Beef or Chicken Taco</b> -6 oz. of Watermelon, Cantaloupe, Honey Dew -Offering Low Fat or Fat Free Milk
Mexicali Cantina	<b>Mango Spinach Chicken Salad</b> 466 calories 17.5 grams of total fat and 3.6 grams of saturated fat 235 mgs. of sodium 45.2 grams of carbohydrate	
Subway (both locations)	<b>Turkey Breast Scoop It Sub Meal</b> 275 calories 3 grams of total fat and 1 gram of saturated fat 760 mgs. of sodium 48 grams of carbohydrate	<b>Turkey Mini-Sub</b> -Apple slices -Offering low fat milk
Wegmans	<b>Lemon Garlic Chicken Breast with Roasted Red Potatoes and Steamed Broccoli</b> 367 calories 16 grams of total fat and 3.9 grams of saturated fat 637 mgs. of sodium 28 grams of carbohydrate	

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